CONFERENCE SCHEDULE



HEALTH SCREENINGS, REGISTRATION & CONTINENTAL BREAKFAST

8:30 A - 10:30 A

WORKSHOP SESSION I

10:30 A - 12:00 P

- 1A. CPR for Family and Friends
- 1B. Smart Meters: Save Money, Time and Energy
- 1C. Help for the Homeless
- 1D. Social Enterprising A Fundraising Strategy
- 1E. Partners for a Healthy Memphis
- 1F. Ready Rating—Emergency Preparedness

LUNCH

12:00 P - 1:00 P

WORKSHOP SESSION II 1:00 P - 2:30 P

- 2G. Help for You: Life Planning/Advance Directives
- 2H. Get Covered
- 2I. Promoting Healthier Youth
- 2J. Understanding Dementia and Alzheimer's

SESSIONS SCHEDULE

SESSION I – 10:30 a.m. - Noon

1A CPR for Family and Friends

This session will teach participants how to perform CPR (Cardiopulmonary Resuscitation) on adults, children or infants and is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card. (Limited space available.)

1B Smart Meters: Save Money, Time and Energy There's been a lot of discussion about Smart Meters this year. In this session, you get the information to help separate facts from fiction. Learn about the results from the MLGW Smart Meter Demonstration Project, Smart Meter myths and realities, and Smart Meter benefits.

IC Help for the Homeless

Do homeless individuals come to your organization and seek assistance? Discover the health resources available to assist them with primary acute care, medications, transportation to and from medical appointments, and diagnostic procedures, in addition to how your organization can receive homeless sheltering training.

1D Social Enterprising—A Fundraising Strategy

In today's tough economy, maintaining the funding

for a non-profit can be even tougher. To deal with this, some non-profits have started a for-profit business that helps to accomplish the mission of the non-profit while supporting it financially. In this session, participants will get the information to decide if social enterprising is a strategy to add to their organization's fundraising plan.

1E Partners for a Healthy

Memphis Research shows that people who stay connected to faith congregations while hospitalized have better health care outcomes.



Participants will learn about the Memphis faith-based partnership between Methodist Le Bonheur Healthcare and local churches considered a national model for preventing and managing chronic diseases. Hear how volunteers providing rides to followup medical visits, house cleaning, meal preparation, and making sure the patient has a social and spiritual support network during

the recovery process aid in reducing inpatient hospital stays and help patients manage chronic diseases.



1F Ready Rating— Emergency

Preparedness Ready Rating is an American Red Cross free web-based program that helps businesses, schools and organizations become prepared for disasters and other emergencies. In this session, participants will view the web-based tool that aids in assessing possible threats and impacts and provides a customized report of recommendations and implementation actions. (There is limited space available. Participants must have a valid e-mail address

and familiarity with the Internet.)

Registration fee is \$10. Please return the enclosed registration card and payment by **November 4, 2013**.



SESSION II - 1:00 p.m. - 2:30 p.m.

2G Help for You: Life Planning/

Advance Directives Meet with Eleanor Farber, JD, LCSW, Advance Care Planner from Baptist Hospital and Baptist Trinity Hospice, who will explain the New Tennessee Living Will and Power of Attorney for Health Care and help you complete them for no fees and no cost. Ms. Farber will help you: understand these forms, update your knowledge about your new choices, learn when you cannot make medical choices for yourself, and appoint someone you trust to step in for you to make medical decisions for you until you can make them again. She will also help you create a Life Plan and free your loved ones from the burden of worrisome. disturbing and often unwanted decisions.

2H Get Covered Attend this session if you know someone or you work with clients who need health insurance. Participants will learn about Get Covered TN, a coalition of local nonprofit organizations working together to help Tennesseans understand the changes affecting their health insurance options. Come learn how to shop, compare, and successfully enroll in health insurance in the new marketplace. Presenter will also discuss how your organization can become a partner in educating and counseling consumers about healthcare.

Please RSVP by November 4, 2013

Registration fee is \$10. Please return the enclosed registration card and payment by November 4, 2013. Call 901-528-4820 for more information.

21 Promoting Healthier Youth Today's youth are confronted with many issues that previous generations never faced. This session is designed to help parents and those who work with youth understand issues such as HIV/AIDS, sexting, sextortion, bullying and peer-to-peer issues that teens face every day.

2J Understanding Dementia and Alzheimer's Alzheimer's

disease is the sixth leading cause of death in the United States and

more than 5 million Americans are living with the disease. Hear the Alzheimer's warning signs and symptoms along with the resources to aid families dealing with Alzheimer's and participate in dementiasensitivity activities where participants will experience first hand, through a symptomsimulated process, what someone with dementia experiences.



You are cordially invited to attend

CONFERENC Preparing For The Future

A SEMINAR FOR FAITH AND



FRIDAY, NOVEMBER 8, 2013 8:30 A.M. to 2:30 P.M.

Joyce M. Blackmon MLGW Training and **Development Center** 4949 Raleigh-LaGrange Rd.





Free Health Screenings Courtesy of Saint Francis Hospital - Bartlett